



BLACK-EYED PEAS, LOW-SODIUM, CANNED

Date: April 2009

Code: A062

PRODUCT DESCRIPTION

- Canned black-eyed peas are U.S. Grade A beans, also known as cowpeas.
- Black-eyed peas are a low sodium food.

PACK/YIELD

- Canned black-eyed peas are packed in about 15 ounce cans, which is about 2 cups or 4 servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened black-eyed peas in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve black-eyed peas cold or heated in salads, soups, stews, and chili.
- Black-eyed peas are great when added to rice and served as a side dish or vegetarian meal.

NUTRITION INFORMATION

- ½ cup of black-eyed peas counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of black-eyed peas provides more than 15% of the recommended daily amount of fiber.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (85g) black-eyed peas
canned, drained, low sodium

Amount Per Serving

Calories	70	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	16g		5%
Dietary Fiber	4g		16%
Sugars	3g		
Protein	3g		
Vitamin A 15%		Vitamin C	4%
Calcium 10%		Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.

QUICK AND HEALTHY BLACK-EYED PEAS**MAKES 6 SERVINGS****Ingredients**

- 4 slices turkey bacon, chopped
- 2 cans (about 15 ounces each) low-sodium black-eyed peas, drained
- 1 cup water
- ¼ teaspoon black pepper
- 1 tablespoon sugar

Directions

1. Place a pot over medium high heat and cook turkey bacon for 3 to 4 minutes.
2. Add black-eyed peas, water, pepper, and sugar and bring to a boil.
3. Reduce heat to simmer and allow to cook until the peas are soft, about 15 minutes.
4. Serve hot.

Nutrition Information for 1 serving (½ cup) of Quick and Healthy Black-eyed Peas					
Calories	170	Cholesterol	5 mg	Sugar	7 g
Calories from Fat	20	Sodium	410 mg	Protein	7 g
Total Fat	2.5 g	Total Carbohydrate	30 g	Vitamin A	56 RAE
Saturated Fat	0.5 g	Dietary Fiber	7 g	Vitamin C	4 mg
				Calcium	185 mg
				Iron	2 mg

Recipe provided by SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

BLACK-EYED PEAS AND RICE**MAKES 6 SERVINGS****Ingredients**

- ¾ cup water
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, chopped
- ¼ teaspoon black pepper
- 3 cups low-sodium canned black-eyed peas, drained
- 4 cups rice, cooked
- 1 bell pepper, chopped
- ½ teaspoon hot pepper sauce

Directions

1. In a large pan, bring the water, onion, celery, garlic, and pepper to a boil, stirring often.
2. Add the black-eyed peas and return to a boil, stirring often.
3. Reduce heat to low, cover, and simmer, stirring from time to time, until peas are tender and most of the water is gone, about 20 minutes.
4. Add rice, pepper, and pepper sauce. Stirring often, simmer until heated through, about 5 minutes.
5. Serve hot.

Nutrition Information for 1 serving (about 1 cup) of Black-eyed Peas and Rice					
Calories	240	Cholesterol	0 mg	Sugar	7 g
Calories from Fat	10	Sodium	160 mg	Protein	6 g
Total Fat	1 g	Total Carbohydrate	52 g	Vitamin A	67 RAE
Saturated Fat	0 g	Dietary Fiber	6 g	Vitamin C	43 mg
				Calcium	137 mg
				Iron	2 mg

Recipe adapted from Recipezaar.com.